



*Happy  
Valentine's Day  
February 14<sup>th</sup>*

## Employee of the Month



*Day shift nurse Patty*

## ZENSATIONAL

WELLNESS AT MEDILODGE OF SHORELINE

zen•sa•tion•al *noun* /zen'sāSHənəl/

1. A state of mind and an active process where you join with MediLodge on your journey to Recover, Rejuvenate, Revitalize and Return Home.
2. A whole person wellness centered philosophy, experienced in a relaxed and soothing environment.

*"Life does not hurry, yet everything is accomplished."*

MediLodge's approach to zensational wellness is an active process in which each lodger and employee are encouraged to make choices toward personal growth in seven dimensions of zensational wellness: physical, social, emotional, spiritual, intellectual, occupational and vocational. The goal of our whole person wellness program is to recognize the unique individuality of every person at our Haven for Healing.

## Activity Highlights

- Resident Council  
February 8th @ 2:00 PM
- Food Council  
February 22nd @ 10 AM
- Music Therapy w/ Sandy  
February 13th @ 2:00 PM
- Music w/ Marie Kravitz  
February 14th @ 2:30 PM
- Music w/ Mike  
February 21st @ 2:30 PM
- Music Therapy w/ Bobby  
February 25th @ 10 AM
- Dollar Tree Outing  
February 5th & 12th @ 2:00 PM
- Thrift Store  
February 19th & 26th @ 2:00 PM
- Coin Store  
February 8th @ 3:15 PM
- Resident's Birthday Party  
February 28th @ 2:30 PM





# Resident of the Month

## Happy Birthday!

Mary J.	Feb 02nd
Mary Ann G.	Feb 02nd
Elizabeth O.	Feb 05th
Pearl A.	Feb 07th
Dolores W.	Feb 08th
Bette B.	Feb 08th
Evelyn R.	Feb 08th
Ann Haley	Feb 10th
Gloria H.	Feb 12th
Angela C.	Feb 17th
Earlean G	Feb 20th
Sophia G	Feb 26th
Richard L.	Feb 27th
Muriel K.	Feb 28th



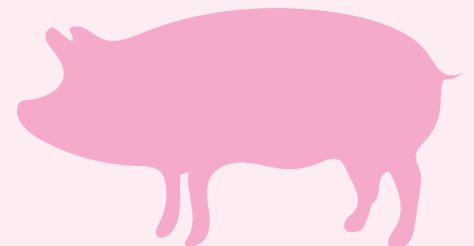
Dolly

## Chinese New Year, February 5th: Year of the Pig

The Pig may be the most generous and honorable sign of the Chinese Zodiac. People born in a Year of the Pig (1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019) are thought to be nice to a fault and possess impeccable manners and taste. They can be perfectionists and may be perceived as snobs, but this is a misconception.

Pigs are simply possessed of a truly luxurious nature, one that delights in finery and nice things (in surroundings, food, lovemaking and otherwise). This Sign believes in the best qualities of mankind and certainly doesn't consider itself to be superior. Pigs also care a great deal about friends and family and work hard to keep everyone in their life happy. Helping others is a true pleasure for the Pig, who feels best when everyone else is smiling.

Pigs are highly intelligent creatures, forever studying, playing and probing in their quest for greater knowledge. This Sign could happily spend hours on end making friends, napping, taking a long bubble bath or dallying over an incredible spread of rich foods. Pigs tend to make wonderful life partners due to their hearts of gold and their love of family.



**Go Red For Women** – February is American Heart Month, and the American Heart Association’s signature women’s program, Go Red for Women, is designed to increase women’s heart health awareness and help improve the lives of women around the world. Learn more about how you can help raise awareness at [www.goredforwomen.org](http://www.goredforwomen.org).

## Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

**Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions.** Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

**It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for it; smile encouragingly; swallow your criticisms; listen without judgement;**

**let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.**

Don’t forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don’t replenish your own mind, body and spirit on a regular basis.

Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you’re not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.

**When you get into the habit of treating yourself with kindness, it becomes much easier to extend that consideration and behavior to others.**

## Chocolate and Heart Health: Fact or Fallacy?

Wouldn’t it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn’t as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease.



Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!

## Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

### Did you know:

- *Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process called dry-scouring (later dry-cleaning) in 1821.*
- *Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.*
- *In 1988 Oprah Winfrey founded Harpo Productions, which made her the first woman in history to own and produce her own talk show. She was also the first African-American (man or woman) to own an entertainment production company.*

President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to “seize the opportunity” to honor African-American accomplishments “in every area of endeavor throughout our history.”





# MEDILODGE OF SHORELINE

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[www.facebook.com/medilodge](http://www.facebook.com/medilodge)

## Your Friendly Staff

Administrator *Sandra Haywood*

Assistant Administrator *Leon Bauer III*

Dir. of Nursing *Cassandra Leatherwood*

Pathways & Transition Care *Elaine Collin*

Unit Manager & Wound Care *Sarah Rose*

BOM *Bobby Clark*

BO/Accounts Payable *Kellie Hayden*

Social Work *Debbie Weishaar*

Health Information *Nick Coker*

Marketing and Outreach *Salina Tiernan*

Dietary Manager *Deshawn Conley*

Dietician *Latrice Banks*

Director of Maintenance *Tom Reuter*

Rehabilitation Services *Hillary Kostus*

Life Enrichment *Shontae Miller*

Nurse Discharge Planner *Kelly Foutz*

Station 1 Nurse Mgr. *Patricia Williams*



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# February – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. (No backwards.) Good luck!

H	Z	Z	I	U	D	B	D	H	O	I	M	A	B	Y
V	A	L	E	N	T	I	N	E	R	L	E	A	R	D
M	G	E	N	E	R	O	U	S	U	C	D	G	U	I
F	S	Z	B	X	X	J	Y	A	J	I	U	K	R	E
I	I	E	C	A	R	D	I	A	C	N	W	A	D	R
W	M	G	T	R	K	E	J	V	X	N	H	C	H	K
J	C	T	N	E	I	F	D	X	M	O	O	H	E	J
F	Z	X	A	D	N	G	K	U	T	V	N	I	A	E
C	I	H	Z	E	D	Y	Z	K	F	A	O	E	R	D
B	N	E	L	I	N	V	S	S	K	T	R	V	T	I
A	V	A	Q	X	E	E	X	B	X	I	R	E	P	S
S	E	L	H	O	S	Q	S	M	W	O	U	B	M	O
P	N	T	W	H	S	S	F	F	D	N	O	C	J	N
I	T	H	C	H	O	C	O	L	A	T	E	Z	J	W
G	V	Y	H	I	S	T	O	R	Y	C	Q	Q	Y	V

See solution in the March newsletter!



JANUARY SOLUTION PUZZLE

## Word List

- ACHIEVE
- CARDIAC
- CHOCOLATE
- EDISON
- GENEROUS
- HEALTH
- HEART
- HISTORY
- HONOR
- INNOVATION
- INVENT
- KINDNESS
- PIG
- RED
- VALENTINE